

‘Broncos’ certify fire support capability

Story and photo by
SGT. BRIAN C. ERICKSON
3rd Brigade Combat Team
Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — One hundred twenty-eight fire support Soldiers from the 3rd Brigade Combat Team “Broncos,” 25th Infantry Division, conducted the Table II fire support certification at East Range Training Area, Aug. 18-22.

“The certification is a test of the fire support team’s (FIST) tactical and technical capability to establish an observation post (OP) and perform targeting functions,” said Capt. Bryan Painter, fire direction officer, 2nd Battalion, 35th Inf. Regiment, 3rd BCT.

In a platoon-based scenario, there will always be a forward observer and a radio-telephone operator who move with the platoon. The headquarters team (a lieutenant and staff sergeant) moves with the

company commander.

It is the FIST’s job to paint a clear picture for the commander, so he can shape the battlefield, and that is what these Soldiers were tested on, according to Painter.

“Having all the fire support Soldiers in one place made it easier to assess them and retrain continually, as needed, to make sure every Soldier knows how to do his job,” said Sgt. 1st Class Christopher Platter, fire support noncommissioned officer, 3rd BCT.

Each team had to conduct a day and a night operation. The day mission was used to assess the Soldiers’ technical skills; the night mission is where the observer-controllers (OC) observe how the team moves tactically.

When the warriors were proficient and doing all the right way, they advanced to the final table of the certification at the “Call for Fire Trainer.”



Sgt. 1st Class Christopher Platter (back), fire support NCO, 3rd BCT, 25th ID, discusses the mission at hand with officers from Company D, 2-35th Inf. Regt., as they progress through Table II of the Brigade Fire Support certification on East Range Training Area, Aug. 20.



Command Sgt. Maj. Luther Thomas Jr., the senior enlisted Soldier for the Army Reserve, makes opening remarks to Pacific USAR troops during a town hall, Monday. The audience included reservists from the 9th MSC, 311th SC (T), and PACOM.

USAR senior NCO holds town hall for Pacific Reservists

Story and photo by
BRIAN MELANEPHY
9th Mission Support Command Public Affairs

FORT SHAFTER FLATS — It was standing room only, Monday, at the 9th Mission Support Command, for a town hall meeting with Command Sgt. Maj. of the Army Reserve Luther Thomas Jr.

Thomas is currently visiting Army Reserve Soldiers in the region and arrived Saturday after a visit to Korea.

Soldiers and civilians from the 9th MSC and the 311th Signal Command attended the event, including Soldiers on video teleconference from Alaska.

Thomas serves as the Chief of the Army Reserve’s personal advisor on all enlisted-related matters. He

advises the chief and senior Army and civilian leaders on all aspects of policies, regulations and directives that affect 205,000 Army Reserve Soldiers.

He also advises on the current and future development of Army Reserve enlisted Soldiers and serves as an advisor for the Sgt. Maj. of the Army on Reserve enlisted matters.

Thomas is the 12th command sergeant major of the Army Reserve and served three deployments to Iraq.

Thomas shared some of the Army Reserve’s priorities, and then went into a question and answer session. Some of the topics covered in the town hall were re-

See USAR, A-4

USAHC-SB announces new systems to help patients

**U.S. ARMY HEALTH CLINIC-
SCHOFIELD BARRACKS**
News Release

A number of relatively new systems are now available to all beneficiaries using the U.S. Army Health Clinic-Schofield Barracks.

NAL. The TRICARE Nurse Advice Line, or NAL, is a national team of registered nurses who provide medical advice 24/7. They have the ability to schedule appointments with your primary care manager. Patients can even speak with a nurse with specialized pediatric training.

TOL. Patients may conveniently

schedule medical appointments online using TRICARE Online, or TOL, which provides access to scheduled medical appointments, receives email/text message appointment reminders, refills prescriptions and accesses personal health information via the Blue Button.

This access is significant. Imagine needing your shot record for a new job appointment and being able to retrieve a copy on your personal computer.

Concerned about your lab results? Call your provider and have a discussion.

See CLINIC, A-3

Points of Contact

Use the following Web addresses and phone numbers to contact clinics.

•TRICARE Nurse Advice Line

Call 1-800-874-2273, option 1, 24 hours/day, 7 days/week, 365 days/year. Get more information at www.tricare.mil/ContactUs/CallUs/NAL.aspx.

•TRICARE Online (TOL)

Visit www.tricareonline.com; log into TOL using your common access card, Premium DS logon, or Defense Finance and Accounting Service (DFAS) MyPay account, and then follow instructions to schedule appointments, refill prescriptions and access the Blue Button.

•Registering at USAHC-SB

Visit <https://app.relayhealth.com/registration.aspx>, click on “patient” and follow the prompts to register, or register at the clinic. USAHC-SB is currently conducting a pilot program that makes it easier to register for RelayHealth once a patient checks in for his first appointment.

If patients need additional assistance, they may contact the clinic at 433-8500.

•YouTube

Watch a clip about AMSMS at www.youtube.com/watch?v=MyznzTYqo7U.

CAB medics study with college paramedic instructors

SGT. JESSICA DUVERNAY
25th Combat Aviation Brigade
Public Affairs
25th Infantry Division

HONOLULU — Medics assigned to the 25th Combat Aviation Brigade, 25th Infantry Division, partnered with Kapiolani Community College during August for the first phase of the 25th CAB’s Paramedic Home Station Training Program.

The program, still in development, will allow 25th CAB medics to train, earn and maintain the paramedic certification required to qualify as an Army flight medic.

“We are doing this to create a standards-based, home station, paramedic training program that supports the requirements set forth by Army EMS (emergency medical service) and our civilian counterparts,” explained Master Sgt. Gene Belis,

brigade senior medical noncommissioned officer.

Currently, medics need to recertify several licenses within three years to maintain their credentials. According to Maj. Alan Wu, the 25th CAB flight surgeon, with this program the CAB is working to recertify all medics every two years in order to keep them ahead of the curve.

“We created a marriage between Kapiolani Community College and the 25th CAB that opened the door for two things — the first being it provided the courses for us to maintain and recertify paramedic and critical care licensure,” Belis explained. “It also provides an opportunity for additional medics within the brigade, and possibly the division, to go through the course.”

The August training was comprised of four



Photo courtesy of
25th Combat Aviation Brigade
Public Affairs

25th CAB medical Soldiers participate in a hands-on portion of a training class at Kapiolani Community College. The training will help them maintain the licensing they require. After successfully completing and passing the course, the medics will retain the critical licensing they need to maintain their job specialty.

See CAB, A-4

U.S. ARMY GARRISON-HAWAII
2014 GOLD WINNER
ARMY COMMUNITY OF
EXCELLENCE
TOP INSTALLATION IN ARMY

HAWAII
ARMY
WEEKLY

The HAW is an authorized news-
paper, produced in the interest of
the U.S. Army community in Hawaii
by the U.S. Army-Garrison Hawaii
Public Affairs Office. Contents of the
HAW are not necessarily the official
views of, or endorsed by, the U.S.
Government or the Department of
the Army.
The HAW is printed by the Hon-
olulu Star-Advertiser, a private firm
in no way connected with the U.S.
Govt., under exclusive written agree-
ment with U.S. Army, Hawaii.
The HAW is published weekly us-
ing the offset method of reproduction
and has a printed circulation of
15,300. Everything advertised herein
shall be made available for purchase,
use or patronage without regard to
race, color, religion, sex, national
origin, age, marital status, physical
handicap, political affiliation, or any
other non-merit factor of the pur-
chaser, user or patron.
The appearance of advertising
herein, including inserts and sup-
plements, does not constitute en-
dorsement by the Dept. of the Army,
or the Honolulu Star-Advertiser, of
the firms, products or services ad-
vertised.

Commander, U.S. Army
Garrison-Hawaii
Col. Richard A. Fromm
Garrison Command Sergeant
Major
CSM Louis C. Felicioni
Director, Public Affairs
Dennis C. Drake
656-3154
Chief, Internal
Communication
Aiko Rose Brum, 656-3155
aiko.brum@us.army.mil
News Editor
John Reese, 656-3488
news@
hawaiiarmyweekly.com
Pau Hana Editor
Jack Wiers, 656-3157
community@
hawaiiarmyweekly.com
Staff Writer and
Photo Editor
Sarah Pacheco, 656-3150
sarah@
hawaiiarmyweekly.com
Layout
Estrella Dela Cruz-Araiza
Advertising: 529-4700
Classifieds: 521-9111
Address:
Public Affairs Office
948 Santos Dumont Ave.,
WAAF Building 105, 2nd Floor
Schofield Barracks, HI
96857-5000
Website:
www.hawaiiarmyweekly.com
Nondelivery or distribution
656-3155 or 656-3488

Contributing Commands
U.S. Army-Pacific
Russell Dodson, 438-2662
25th Infantry Division
MSG Rodney Jackson,
655-6354
2nd Stryker Brigade
Combat Team
SSG Carlos Davis, 655-9461
3rd Brigade Combat Team
CPT Tanya Roman,
655-1083
25th Combat Aviation
Brigade
CPT Richard Barker
656-6663
8th Theater Sustainment
Command
SFC Mary Ferguson,
438-1000
311th Signal Command
(Theater)
Liana Kim, 438-4095
94th Army Air & Missile
Defense Command
SSG Jaquetta Gooden, 438-2945
9th Mission Support
Command
Brian Melanephy,
438-1600, ext. 3114
18th Medical Command
(Deployment Support)
SSG Nicole Howell,
438-4737
Tripler Army Medical Center
Ana Allen, 433-2809
U.S. Army Corps of
Engineers-Honolulu District
Joe Bonfiglio, 835-4002
500th Military
Intelligence Brigade
SSG David Padilla, 655-1237
599th Transportation Surface
Brigade
Donna Klapakis, 656-6420
USAG-Pohakuloa
Dennis Drake, 656-3154

IMCOM commander sends Labor Day safety message

L.T. GEN. DAVID D. HALVERSON
Installation Management Command

We celebrate Labor Day across the country to recognize the achievements of American workers and the contributions they made to the strength, prosperity and well-being of our country.

Our Army has ample reasons to be especially proud of the work you do every day on behalf of Soldiers and families. You deserve a day off and should take the time to enjoy this holiday weekend — but do it with appropriate planning and awareness for safety.

Many of us will celebrate this occasion with family and friends. Holiday celebrations often mean more travel and increased recreational activities, which increases the risk of accidents. Let us use effective risk assessments and counter-measures to help prevent accidents on and off duty this Labor Day.

Privately owned vehicle accidents present the greatest threat to our safety. As with every holiday, civil authorities will be out on the roads to ensure highways are safe from im-paired drivers. Implement the Army Values of Integrity and Honor in doing what is right.

- Do not drink and drive.
- Get plenty of rest.
- Put down the cell phone.

Your contributions to the Installation Management Command family are invaluable, and we need you back safely.

While enjoying water-related activities, remember that with these activities come added responsibilities. Do not swim alone and only swim in approved swimming areas. When temperatures are extreme, take necessary precautions to reduce the possibility of heat injuries by drinking plenty of water, using sunscreen and not overdoing outdoor activities. With your diligence, IM-COM will continue the tradition of excellence and safety — plan and prepare for your holiday activities and look out for one another.

Command Sgt. Major Jeffrey Hartless and I are honored to serve with each of you. Have a happy and safe Labor Day weekend!

Army Strong!

Halverson

FOOTSTEPS in FAITH

How do you handle constructive criticism?

CHAPLAIN (CAPT.) JEFFERY B. HERDEN

1st Battalion, 21st Infantry Regiment
2nd Stryker Brigade Combat Team
25th Infantry Division

Has anyone ever criticized you? Have you ever been publicly criticized?

Whether the critic’s intentions were good or bad, we all know what it’s like to be criticized.

One of our greatest difficulties is how to handle criticism in a positive way. We have faced it all our lives.

For example, have you ever received a C- on your first essay in English class or the embarrassment after a coach yells at you for being out of position?

Then there’s the granddaddy of them all: getting dumped by your girl- or boyfriend. Yikes!

Naturally, everyone would rather hear praise than criticism. Yet, at times, criticism is vitally needed.

What comes out of us when we are corrected reveals much about our hearts. I have seen leaders of various organizations respond to criticism both positively and negatively, and in each case, it gave a window into the character of those individuals.

I’m the first to admit that, by default, my most natural re-

Herdn

“Do not correct a scoffer, lest he hate you; rebuke a wise man, and he will love you. Give instruction to a wise man, and he will be still wiser; teach a just man, and he will increase in learning.”

— Proverbs 9:8-9

sponse to criticism is to summon my inner defense attorney — “I object your honor!” If we follow our instincts, we will tend to be defensive and not listen to the critique.

Our defensiveness is greatly aided by criticism that is imbalanced or harshly delivered. In other words, when the critique sounds more attacking and judgmental, and when it’s intentionally harsh and never balanced by words of affirmation, it makes the medicine of well-intentioned criticism that much harder to accept.

If we are the critics, we should try to deliver criticism in a way that’s constructive and caring to the hearer.

How should we respond to criticism?

Perhaps it’s best to begin by asking some other questions: What are we striving for in life? Do we genuinely want to improve at our crafts? Do we want to grow as Soldiers, friends, husbands and wives? Can we all humbly admit that we have a long way to go to become the people we ought to be?

In that light, a critic is more the friend and less the enemy, because he gives us insight that can help us grow. The proverb, above, reminds us that if wisdom is our highest goal, we will actually appreciate those who seek to correct us. Those rebukes give us a more accurate picture of ourselves and pave the way for personal and professional growth.

With the right attitude, you can receive even ill-timed or unfair criticism and find the nuggets of truth that will help you grow. Even if it’s totally inaccurate, handling it with humility and not getting defensive, with counterattacks, will help us down the path toward maturity.

All of this is easier said than done. I found that by depending on God for his wise counsel and by knowing that I don’t have all the answers, that Scripture and wise people in my life can teach me the rest for my own growth.

Seek first to understand, then to be understood, even when it comes to your critics. If you do, it’s sure to help you grow personally and improve your marriage, your organization and your most important relationships.

Susan B. Anthony (center, as portrayed by Spc. Ashley Strait, linguist, 715th MI Bn., 500th MI Bde.) helps Soldiers find the answers to their quiz questions, Tuesday, during the brigade’s Women’s Equality Day mobile exhibit, hosted by the 500th MI Bde. Equal Opportunity Team.

500th MI brings Women’s Equality Day to Schofield

Story and photo by
STAFF SGT. DAVID PADILLA
500th Military Intelligence Brigade
Public Affairs

SCHOFIELD BARRACKS — Women have made great contributions throughout our nation’s history.

From bringing water to Soldiers during the Revolutionary War to providing intelligence, supply, medical communications and administration support during World War II, women have played a vital role in our military history.

Women have been fighting for equality by demonstrating resiliency in overcoming obstacles and demonstrating their ability to accomplish any task.

Susan B. Anthony (as portrayed by Spc. Ashley Strait, linguist, Headquarters Operations Company, 715th Military Intelligence Battalion, 500th MI Brigade) fought for women’s equality. This week, Anthony traveled forward in time and provided a firsthand account of her dedication to women’s suffrage, the abolition of slavery, the right for women to own property and advocating for women’s labor organizations.

The 500th MI Bde. Equal Opportunity team hosted the Women’s Equality Day mobile exhibit, here, Tuesday.

Sgt. 1st Class Matthew McGinn, equal opportunity leader, Headquarters and Headquarters Detachment, 500th MI Bde., organized the mobile exhibit that traveled to various locations on Schofield Barracks.

“The goal of the mobile exhibit was to create as much awareness of Women’s Equality Day and women’s historical struggles for equal rights as possible among a variety of audiences,” McGinn said. “For this, we combined our mobile exhibit going to three separate locations with advertising through various means.”

The first stop was Martinez Physical Fitness Center to capture the attention of Soldiers before and after their physical readiness training sessions. The exhibit later moved to the Post Exchange, and ended at the Youth Center.

At each Schofield location, guests were quizzed on their knowledge about the women who played a major role in women’s equality.

“Nearly all of them interacted with Susan B. Anthony,” McGinn said. “Most people were unaware that there was a Women’s Equality Day, and regardless, if they had the time to take our quiz or not, seemed appreciative just learning that bit of information.”

The exhibit created an opportunity for Soldiers to acknowledge how women throughout history have opened the doors for opportunity.

“If it wasn’t for them back in the day, we wouldn’t have been able to serve today,” said Pvt. Victoria May, 25th Transportation Co., 524th Trans. Bn.

Guests who elected to participate tested their knowledge on women’s history, and they were rewarded for their knowledge of women’s history with a door prize and the appreciation of women who have fought for equality.

“One of the bits of information listed on our display boards is that current research demonstrates that gender diversity helps societies perform better,” McGinn said. “I believe people knowing that objective research proves that gender equality and diversity is a good thing will make powerful ambassadors for change as they disperse in their own lives and communities, potentially in areas where women’s equality is not so prevalent. It goes far beyond just checking the block.”

Getting it Straight

The phone number included in the story, “State bird touches down at Wheeler,” p. A-4, Aug. 22, was incomplete. The correct number is 656-9191.

Voices of Ohana

Labor Day is Sept. 1.
“What is the historical significance of Labor Day?”
Photos by Pacific Regional Medical Command Public Affairs

“Vacation and time off from work!”

Maj. Jeffrey Bass
Residency director, Psychology Service, Dept. of Behavioral Health, TAMC

“The start of the American labor movement.”

Weston Brown
LPN-Surgical Admissions, TAMC

“I can no longer wear white pants.”

Capt. Jeffrey Luffman
Army-Baylor resident, TAMC

“Something to do with unions and workers’ rights ...”

Maj. Benny Schulteis
Perioperative, nurse, TAMC

“It’s a celebration of the social and economic achievements of the American worker.”

Sgt. Graham Sharp
Command sergeant major aide, PRMC

599th force protection exercise has surprise twist

Story and photos by
DONNA KLAPAKIS
599th Transportation Brigade
Public Affairs

WHEELER ARMY AIRFIELD — The 599th Transportation Brigade recently conducted a protection exercise at its headquarters that included activation of the recall roster, an elevated force protection condition, armed guards posted at all entrances and active shooter responses.

“This year, the scenario involved an outside shooter with a rifle ‘missioned’ to go through the facility and depart very quickly,” said Bud Welch, 599th Trans. Bde. protection officer.

Just as everyone had responded to the threat and casualties and were talking about the incident, a new threat appeared.

“We had also assigned and trained an insider-threat shooter for each section. Shortly after the outside shooter left, the insider-threat shooters started shooting small arms. This twist to the scenario gave our people an extra edge to keep focus and not let their guard down after an incident,” Welch said.

Sgt. Derick Pierce, movement supervisor, took care of communications in the brigade’s command operations center during the exercise.

“I was staff duty. At 5:40 a.m., I received an initial call that the FPCON (force protection condition) increased and let the command know,” said Pierce. “I then activated the recall roster and got accountability for everyone in all sections.”

The 599th Soldiers were directed to

bring their protective gear, and all of the personnel were in the building at 7:40 a.m., Pierce added.

Welch said good communications were key to success.

“Throughout the exercise, we had

Frank Viray, traffic management specialist, played an insider threat in the operations section during the exercise.

“I think I was probably chosen because I’d helped out with another

enjoyed the role playing, they understood the gravity behind it, and the scenarios made a difference in their responsiveness and ability to react to threats.

“This was good training,” said Pierce. “It’s the first place I’ve ever been that people take it seriously, and it isn’t just checking a block.”

Welch agreed.

“People in the command are well trained. We don’t have a lot of turnover here, so our personnel have benefited from the repeated training,” said Welch.

“The command is leaning forward on force protection all around. This is a big plus for protection of surface transportation throughout the Pacific.”

Right — Sgt. 1st Class Eric Pettengill, sexual harassment/assault response coordinator, 599th Trans. Bde., guards the entrance of brigade’s headquarters.



599th operations personnel rush to subdue a simulated — and surprise — insider threat active shooter (roleplayer Frank Viray, 599th traffic management specialist), during a recent elevated force protection exercise at the brigade’s headquarters .

communications with our adjacent and higher headquarters. The big improvement this year was in the security forces. They performed the best we’ve ever had. Their layered defense, outstanding radio communications and quick response to protect the command was very effective,” Welch said.

force protection drill when I was with the 835th Trans. Battalion.” said Viray.

“First, we were briefed on what they wanted us to do to make a good scenario, and then we were able to act it out. I was doing pretty well as the bad guy until my gun jammed. Then I was bum-rushed by about five guys.”

Although personnel at the 599th

Clinic: Feedback wanted

CONTINUED FROM A-1

sion over the phone while looking at the exact same results online.

If patients need additional assistance, they may contact the clinic at 433-8500 and schedule a time to have a subject matter expert guide them through the process.

USAHC-SB can also bring a health care team to beneficiaries via the Army Medicine Secure Messaging Service (AMSMS), powered by RelayHealth. AMSMS will allow patients to conveniently communicate securely, online, about nonurgent health care matters. AMSMS is to be fully implemented in October.

After your visit, you may receive a request to complete a survey by email, mail or phone. USAHC-SB is your partner in health care, and your feedback helps the clinic help you through the Army Provider Level Satisfaction Survey.

Feedback gives patients an opportunity to let the clinic know how it’s doing. Patient feedback has the potential to earn resources from the Army, i.e., the clinic can earn up to \$900 for a positive survey. Over the course of the year, the clinic could earn hundreds of thousands of dollars, allowing it to increase its staffing, improve its training and ultimately deliver the best quality care to you and your family in a more efficient manner.

Responses may be submitted online, by mail or voice response system. The results of the survey are confidential.

USAHC-SB continuously strives to provide the best quality of care, so your feedback is important. Good or bad, USAHC-SB would love to hear back from you.

ROCKETMAN



Photo courtesy of 25th Combat Aviation Brigade Public Affairs

Maj. Gen. Charles Flynn (front), commander, 25th Infantry Division, loads a rocket into a 25th Combat Aviation Brigade OH-58D Kiowa Warrior during an aviation capabilities tour. During the tour, Flynn also loaded ammunition into an AH-64E Apache Guardian and a UH-60 Black Hawk, and then flew in the co-pilot seats of both the two birds.

Systems upgrades enhance brigade warfighter communications

Story and photos by
STAFF SGT. CATRINA HERBERT
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Soldiers with 3rd Brigade Combat Team demonstrated the capabilities of their newly upgraded communication equipment during the quarterly training “SWITCH” exercise, Aug. 18-22.

SWITCHEX is essential for supporting the brigade’s mission and will increase battlefield situational awareness and dynamic collaborative planning.

The purpose behind the SWITCHEX is to validate the brigade’s recently upgraded warfighter information network-tactical (WIN-T) equipment.

“Once we are validated, we want all the battalions to be able to go out to the field and to operate as an independent unit in support of the Pacific warfighter,” said Chief Warrant Officer 2 Gerardo Salinas, communications network management technician, 3rd BCT.

The upgrade consisted of adding the colorless core system to two joint network nodes and six command



3rd BCT Soldiers demonstrate the capabilities of their newly upgraded communication equipment during the quarterly training “SWITCH Exercise,” Aug. 18-22.

post nodes, which support the brigade tactical operations command (TOC)/tactical command post and each battalion’s TOC network.

“Learning about the new updates has allowed me to be able to act quickly during troubleshooting procedures,” said Spc. Ralph Gilles, multi-channel transmission system operator-maintainer, 2nd Battalion, 35th Infantry Regiment.

Being able to go out and work on all the systems was a way for the Sol-

diers to enhance their skills and to be more efficient.

“The overall upgrades enhanced our capabilities for (command and control) communications reliability,” explained Sgt. 1st Class Michael Cox, 3rd BCT communications network operations non-commissioned officer in charge. “The old nonclassified Internet protocol router (NIPR) and secret Internet protocol router (SIPR) services

were dependent on one another; if NIPR failed, SIPR would fail, and we would lose all of your services at once.”

The SWITCHEX was set up to train the operators on the new systems and to validate their operability. Most of the operators throughout the brigade had not had any training on the new systems.



Salinas added, “In order to communicate with other Army units, the brigade underwent upgrades also known as colorless core system.”

This exercise was their chance to become familiarized with the new systems, which allows them better support during wartime missions.

USAR: Top NCO holds town hall

CONTINUED FROM A-1

cruiting and retaining Army Reserve Soldiers, promotions, professional military education and the current effort to bring transitioning active component Soldiers into the Army Reserve.

When Thomas arrived in the assembly hall and told the audience he was going to have a question and answer session, he immediately walked up to a private first class in the audience and told him he would be the first Soldier to ask a question, and to start thinking now. Everyone in the audience chuckled. When it was time to ask questions, the private nervously got up and asked Thomas, “So, command sergeant major, how do you like Hawaii?”

Again, the audience let out a laugh, and the question and answer session continued.

Thomas went on to answer a number of questions about the Army Reserve enlisted promotion system, professional military education, height and weight standards, retirement, mandatory training requirements and a host of other questions about Army Reserve Soldiers’ concerns.

Following the town hall, Thomas thanked the Soldiers for their participation and made a point of meeting every Soldier in attendance.

CAB: Medics partner with college for certification

CONTINUED FROM A-1

classes:

- Pre-hospital trauma life support,
- Advanced medical life support,
- Advanced cardiac life support, and
- Pediatric advanced life support.

Medics were trained for a total of 16 hours for each class.

“This training is important because we can get the Soldiers familiar with standards,” said Edward Caballero, a Department of EMS instructor with the University of Hawaii-Kapiolani Community College. “There is complete continuity of patient care as everyone is trained on the same level.”

Once completed, the program will include 72 hours of mandated training through the National Registry of Emergency Medical Technicians. It includes up-to-date classes on current trends and standards throughout the medical field. This initial phase included 48 hours of training and produced 44 credentials.

“This was very in-depth training. They taught more than

just what is needed to pass a test,” said Sgt. Stephen Van Eps, flight medic, Company C, 3rd Battalion, 25th Aviation Regiment. “I was able to really learn and grasp concepts through KCC. I learned a lot more than I thought I would.”

The KCC training will ultimately be passed on to medics’ patients.

“The instructors actually do the equivalent of our same job in the civilian sector; they’re doing the same work, just not wearing the uniform,” said Staff Sgt. Rene Dizon, flight medic Co. C, 3-25th. “Civilians are going to see it more often because we’re a wartime element, whereas they’re a peacetime element and they’re going to see their work more often. For them to give us that hands-on knowledge, that’s really beneficial.”

To finish their certifications, the medics will take their final class, Electrocardiography and Pharmacology, in September.

The brigade will continue to train additional medics as classes are available. Expanding the program to medics throughout the entire 25th ID is a future possibility.



Today
Challenge? — Soldiers and Army civilians on Oahu who did the “Ice Bucket Challenge” in uniform or in an official capacity are improperly endorsing a private organization, according to the Staff Judge Advocate.

2014 Voting — Nov. 4 is the mid-term election date, but several states will be holding primaries soon, so respond today:

- Delaware, Sept. 9;
- Massachusetts, Sept. 9;
- Rhode Island, Sept. 9;
- New York Sept. 9; and
- New Hampshire, Sept. 9.

Absentee ballots vary, but all are required to send them out 45 days

in advance. Call 655-1653 for visit www.fvap.gov.

Homeless Veterans — A new national estimate of veteran homelessness is out. Data collected during the annual Point-in-Time Count conducted in January shows 49,933 homeless veterans in America, a decline of 33 percent (or 24,837 people) since 2010. This includes a nearly 40 percent drop in the number of veterans sleeping on the street.

Student Veterans — Federal agencies signed an agreement this week to prevent abusive and deceptive recruiting practices by schools serving service members, veterans, spouses and other family. Visit http://files.consumerfinance.gov/f/201408_cfpb_joint-higher-ed-ucation-mou.pdf.

September 1 / Monday
Holiday Closing — In observance of the Labor Day holiday, the Thrift

Savings Plan will be also be closed. Transactions that would’ve been processed Monday will be processed Sept. 2 at Tuesday’s closing share prices. Visit www.tsp.gov.

2 / Tuesday
Signal Week — Celebrate the 154th birthday of the Army’s Signal Corps. The 311th Signal Command (Theater) invites you to participate in Army Signal Regimental Week 2014. Purchase your tickets for the 2014 Signal Regimental Ball, Friday, 6 p.m., at the Hilton Hawaiian Village.

End of the War — World War II officially ended on Sept. 2, 1945, aboard the USS Missouri.. The battleship will hold a special ceremony on the fantail, 8 a.m., to commemorate the 69th anniversary of the end of the war.

3 / Wednesday
HPFEB Lead Council — The Honolulu-Pacific Federal Executive Board Lead Council meets 8:30 a.m.-noon in the Inouye Regional Center, Ford Island. Visit www.honolulu-pacific.feb.gov/ or call 541-2637/2638.

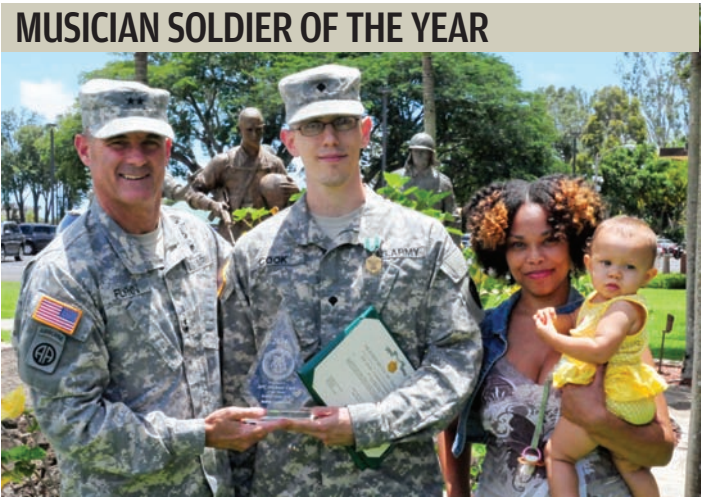


Photo by Staff Sgt. Sean Everette, 25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — **Spc. Michael Cook (center), Army musician, 25th Infantry Division Band, joined by his wife, Erica, and their daughter, Eliana, was named Soldier of the Year for all Army musicians and received an Army Commendation medal and Arrowhead Trophy from Maj. Gen. Charles Flynn, commander, 25th ID, Monday.**

Cook earned the title by outperforming competitors and fellow Soldiers in 29 active Army bands. Only in the Army 23 months, he was nominated by his command for the award and selected in May from a centralized board that reviewed personal records and accomplishments.

“I am honored,” said Cook. “This was something totally unexpected, and I’m incredibly grateful.”



Traffic Report lists closed roads, limited routes, construction detours and noise advisories received by press time from Army and Hawaii Department of Transportation (HIDOT) advisories. Motorists in affected areas are advised to use caution and observe all signs and traffic personnel and to expect delays.

For an up-to-date list of Army traffic advisories, visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm.

Unless otherwise noted, all phone numbers are 808 area code.

Today
Revised Kahauiki Bridge — One

lane closes and intermittent full closures of the bridge begin. Closures start at Funston Road and Kahauiki Stream Bridge, ending at the intersection of Annex Road and Kahauiki Stream Bridge. The lane closure will be 24 hours a day through Nov. 10. Intermittent, hourlong full bridge closures will occur 9 a.m.-5:30 p.m. on the following dates:

- Aug. 29, 30 and 31;
- Sept. 1;
- Oct. 10, 11 and 13; and
- Nov. 10.

Lyman and Mellichamp — Stage I of work that will occupy the west side of Lyman Road to Mellichamp Road began Monday at Schofield Barracks, and will continue, 7 a.m.-5:30 p.m., Monday-Saturday, until Sept. 26. At the end of each workday, the closed lane will be reopened for traffic.

September 8 / Monday
Smoke Without Fire — Testing

of the sanitary sewer system on Schofield Barracks begins and runs until Oct. 10. The smoke test survey will assist the inspection crews in locating breaks and illegal connections, and open cleanouts and defects in the new system.

The smoke test is for Area X, the government facilities, to include the following Island Palm Communities: Canby, Madonca, Patriot, Ralston and Generals Loop.

The white-to-gray smoke is non-toxic, non-staining, harmless, has no odor, isn’t a fire hazard and does not pose a health hazard to humans or pets.

It is recommended to pour a gallon of water in the sewer drains to prevent smoke from entering the home/building.

AMR Gate — Aliamanu Military Reservation’s front gate will see construction in two phases, the first beginning today on Aliamanu Road (lower), continuing until Sept. 19.

The second phase (for the upper side of the road) takes place Sept. 22-23, followed by a 24-hour road

closure, Sept. 24-Oct. 6.

Ongoing

Red Hill Gate — A road closure on Forward Avenue entering and exiting Red Hill Gate is expected to conclude its second phase Sept. 5. Vehicles will be contra- flowed into an open lane while entering and exiting the gate.

Rice to Know — The modified traffic flow at Rice Street, Herian Place, Rice Drive and Rice Loop, Fort Shafter, continues until Oct. 15.

Ponciano — A maintenance and repair project to stabilize slope with a retention wall and install a new sidewalk near Shafter Elementary School requires a parking area closure (about seven stalls) on Ponciano Drive until Sept. 23.

AMR Closures — Aliamanu Military Reservation will have several traffic modifications at Skyview Loop and Aliamanu Drive for under-

ground utilities work. All work will be done 8 a.m.-4:30 p.m.

- Aliamanu will be completely closed at Ama Road, through Oct. 6.
- Aliamanu between Ama and Okamura Street will have one-lane traffic control between Ama and Okamura, Oct. 7-Dec.1.
- Aliamanu will be completely closed between Okamura and Rim Loop, Dec. 2-Feb. 2, 2015.

Road Closed — There will be full road closures at Fort Shafter Flats’ Loop and Annex roads for utility and flood mitigation structures installation until Feb. 28, 2015.

Modified Signal — The traffic signal at Schofield Barracks’ intersection of Trimble Road and Carpenter Street has been modified to increase the safety for pedestrians crossing the intersection. Part of the project was to include a sequence that would allow pedestrians to safely cross the intersection while traffic in all directions is stopped.

Please use the designated crosswalk when crossing the intersection.

PAU HANA

"When work is finished."

Made in *Hawaii*

Feeding Hawaii Soldiers, families fuels variety, local business

Story and photos by
SARAH PACHECO
Staff Writer

WAIKIKI — Several dozen local food companies came together under one roof to show off some of the best Hawaii-made products to Defense Commissary Agency (DeCA) and Army & Air Force Exchange Service (AAFES) officials during the American Logistics Association's Hawaii Food Show at the Pacific Beach Hotel, here, Aug. 20.

The annual business-to-business showcase, now in its 17th year, is one of the most anticipated events of the year for local companies looking to get their products onto commissary and exchange shelves.

"Doing business with the government sometimes is a daunting task, especially for small businesses," said Patrick Nixon, American Logistics Association (ALA) president.

"This show was put in place to demystify that process, and then teach local companies how you do business with the government," Nixon explained.

"These food shows allow us to bring a taste of the local culture, the uniqueness of Hawaii, to our stores, but they also allow us to come in and deal with the local companies that have never done business with the government. It's a win-win situation," added David Carey, area director, Pacific Theater, DeCA.

"All we ask is that you're a local company with made-in-Hawaii products and/or products that are unique to Hawaii," said Sharon Zambo-Fan, chairwoman, ALA Hawaii Show.

"We also expanded from last year to include local businesses that have the exclusive representation of a national product or brand sold outside the commissaries and exchanges, because that's just another avenue for them to expand and grow their business," Zambo-Fan stated. "We've also tried to get more nonfood companies to participate and provide them opportunities to sell to the exchanges, because while the commissary is basically a grocery business, exchanges do

a lot of nonfood items, like soaps, perfumes, aloha wear, gift cards and health care items, and we have a lot of local companies here in Hawaii that manufacture and distribute those items."

"This is a great business opportunity, and we're making it easier for (small businesses)," Nixon noted. "Even if you don't get a favorable review, you're going to get feedback on your product and what you can do to improve, and how often can a small company get that kind of feedback?"

Indeed, after the ceremonial untying of the maile lei by former U.S. Sen. Daniel Akaka and current U.S. Sen. Mazie Hirono (both of whom have been advocates for the ALA Hawaii Show since day one), 40 managers, buyers and representatives from Hawaii DeCA and AAFES stores proceeded around the ballroom floor to mingle with local business owners and taste test the smorgasbord of "ono grindz" offered at each booth.

"Everything we've tasted (at the show) is very good — it always is — but it takes some time to really absorb everything and decide what we want to add to our stores," said Brad McMinn, store director, Schofield Barracks Commissary.

"What we're looking for is something that is going to infuse something new, something fresh, maybe some different flavor profiles that we don't have right now, but will compliment what we already have in the stores," stated McMinn. "They always have something new every year that just enhances our stores."

Since its inception, the ALA food show has helped 2,232 local products find their place in the commissary system, not only in the islands, but both nationally and internationally, as well.

Last year alone, 140 new items were selected for inclusion in Oahu commissaries, to include products from eight companies that previously had never done business with DeCA.

The combined military exchanges also added 15 new companies and 150 new line items to their selections



Former U.S. Sen. Daniel Akaka (center left) and current U.S. Sen. Mazie Hirono (center right) join DeCA and AAFES managers and store directors in the ceremonial untying of the maile lei to open the 17th annual American Logistics Hawaii Food Show at the Pacific Beach Hotel, Aug. 20.

— all good news for the 74 local companies in attendance at this year's show, which included 17 first-time participants.

"Hawaii products are now worldwide just by having the opportunity to get into business with the military," said Nixon, giving the following example.

"(A Soldier) has an assignment here in Hawaii, and he falls in love with Kona coffee and Hawaiian Host chocolate-covered macadamia nuts. But his next assignment may be in Europe. When he gets over there, he asks his commissary manager or exchange manager if he can still get his chocolate-covered macadamia nuts. ... Well,

yes, you can, because the commissary and exchange are international organizations," he said.

According to Nixon, DeCA grossed more than \$5.86 billion in fiscal year 2013, with sales from four Oahu commissaries accounting for more than \$254 million.

Of that total, Hawaii commissaries purchased \$8 million from Hawaii-based brands and \$6.5 million in locally grown fruits and vegetables, further underscoring the reciprocal benefits shared between local-military partnerships.

"In Hawaii, there are more small local businesses than anywhere else in the world," said Nixon, "and what's

good is that something like this forms a stronger bond between the local companies and the military in Hawaii.

"We've tried to duplicate this in other areas, and it just doesn't work, because Hawaii is unique," Nixon continued. "It's the unique flavors and spices and sauces that people fall in love with, as well as the culture."

"And what's great is, the vendors understand that this is an opportunity to give back, as well, by giving their customers the best products possible," Nixon said. "The United States military is the best customer in the world. There's nothing we can't do for them, because of what we ask them to do for us."



DeCA and AAFES managers and store directors sample local products at the 17th annual American Logistics Hawaii Food Show.



Local food companies display their products (top photo and right) for DeCA and AAFES managers and store directors to sample at the 17th annual American Logistics Hawaii Food Show at the Pacific Beach Hotel, Aug. 20.



Briefs

Today

Hawaiian Luau Lunch Buffet — SB Kolekole Bar & Grill and FS Mulligan’s Bar & Grill serve delicious local-style food every last Friday of the month. Call 655-4466 (SB) or 438-1974 (FS).

Leilehua Concert Series — Hawaiian music group Maunalua performs at the Grill at Leilehua this pau hana (end of work day). Entertainment is free and open to the public; food and drinks will be available for purchase. Call 655-1711.

Bowling Sale — All youths, ages 17 years and younger, receive one free game for every game purchased at FS bowl between noon-4 p.m., Monday-Friday, during August.

Free games must be bowled on the day of purchased game and will only be offered provided lanes are available. Special cannot be combined with any other offer and does not apply to group or party reservations.

Shoe rental not included. Call 438-6733.

30 / Saturday

SKIES Hula Classes — Hula classes are offered as follows:

- AMR, Saturdays: Hula 101, 8:30 a.m.; Hula Beginners, 9:15 a.m.; and Hula Intermediate, 10 a.m.;
- Schofield, Wednesdays: Hula 101, 3:30 p.m.; Hula Beginners, 4:15 p.m.; and Hula Intermediate, 5 p.m.

Call 655-9818 for class availability or visit www.himwr.com.

31 / Sunday

FS Sunday Brunch — Enjoy Sunday Brunch at Mulligan’s Bar & Grill from 10 a.m.-1 p.m. Call 438-1974.

September

1/ Monday

Workweek Lunch — SB Kolekole Bar & Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974) offer daily lunch, 11 a.m.-1 p.m. Enjoy buffet-style (\$10.95) or menu items. Current lunch specials

EWA EMERGENCY PREP FAIR



Photo courtesy Ewa Beach Emergency Preparedness Committee

EWA BEACH — The Ewa Beach Emergency Preparedness Committee holds its fourth annual "Get Ready Ewa Beach Emergency Preparedness Fair" at the Ewa Makai Middle School, Sept. 6, offering expert tips, demonstrations, a walk-through emergency shelter model and more than \$10,000 worth of giveaways.

at www.himwr.com/dining/kolekole-bar-a-grill/kolekole-lunch-buffet and www.himwr.com/dining/hale-ikena/hale-ikena-lunch-buffet-menu.

Pau Hana Social Hour — SB Kolekole Bar & Grill hosts an after-work fun time, 4:30-6:30 p.m., Monday-Wednesday, and 4-6 p.m., Thursday-Friday. Enjoy discounted appetizers and domestic draft beverages. Call 655-4466.

Sand Volleyball — Bring your “A” game to the Tropics, 6 p.m, for the weekly competition. Call 655-5698.

Mongolian Barbecue — Select your favorites from a large variety of meats and vegetables, 5 p.m., every Monday, at SB Kolekole Bar & Grill, and grilling will be to your liking. Cost is 65 cents for each ounce.

2 / Tuesday

Taco Tuesday Night — SB Kolekole Bar & Grill offers three tacos, rice and beans specials for \$4.99. Call 655-4466.

\$2 Bowling Special — FS Bowl offers a “\$2 Bowling Special,” 9 a.m.-9 p.m., every Tuesday, now through Sept. 30. Offer not valid with other promotions, holidays, specials, reservations or groups. Shoe rental not included. Call 438-6733.

3 / Wednesday

BOSS Meetings — Single Soldiers and geographic bachelors are

invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming programs. Call 655-1130.

- Attend these meetings:
- North meetings, 3 p.m., 1st and 3rd Wednesday, SB Tropics Warrior Zone.
 - South meetings, 10 a.m., 2nd and 4th Wednesdays, FS Bowling Center.

Teen Wednesday — Cosmic Bowling for teens is \$2 at Wheeler Bowling Center, WAAF, 2-4 p.m. Free shoes with a two-game minimum. Call 656-1745.

4 / Thursday

Tropical Thursdays — Free weekly Texas Hold’em poker is at 6 p.m., SB Tropics Warrior Zone. All ID cardholders 18 and older are welcome. Call 655-5698.

6 / Saturday

Ladies Golf Clinic — Ladies can experience a free, 30-minute golf lesson at Leilehua Golf Course from PGA professionals. Lessons are offered the first Saturday of the month by appointment only. Call 655-4653.

Ongoing

Pacific Teen Panel — Provide service on the PTP (Pacific Teen Panel) for the AMR/TAMC/FS communities. Must be CYS registered, in the 9-11th grade and participate in Youth Activities.

PTP participants are advocates for their peers participating in monthly teleconference calls or video teleconference with other youth in the Pacific.

For more details, call the AMR Youth Center at 833-0920 or the FS Middle School and Teen Program at 438-6470.

Volunteer Coaches — Serve as a positive role model by participating in the Youth Sports program. Call 836-1923 (AMR/FS) or 655-6465 (SB).

Big Brothers Big Sisters Program — Military mentoring registration is underway for keiki ages 9-17 of active duty military personnel. Children will be matched with a military or civilian adult that can serve as a mentor or assist in their personal development. Contact the School Liaison Office at 655-8326 to sign up as a mentor or youth participant.

SKIES Yoga Dance Class — Yoga Dance class for 3-18 years old and the Art of Middle Eastern Dance for 5-18 years happens at AMR and Schofield SKIES Studios. Fee is \$35 per month per child. Call 655-9818.

Neighborhood Watch Program (NWP) — Would you like to know how to keep your neighborhood safe? Interested in starting an NWP? It’s a simple process that takes initiative and personal responsibility. Email NWP@IPC.hawaii.com.

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Blue Angels — Tickets are on sale now for the “Wings Over the Pacific” air show, Sept. 27-28, at Joint Base Pearl Harbor-Hickam. Discounted tickets for military are available at all MWR ticket offices while supplies last. Military-discounted tickets will not be available for purchase online. Visit [JBPHH MWR’s website at www.greatlifehawaii.com](http://JBPHH.MWR’swebsiteatwww.greatlifehawaii.com).

Commissary Sale — The SB Commissary Customer Appreciation Sales run through Sunday, offering savings of 50 percent or more on club pack and full case items. Hours are Friday from 8 a.m.-6 p.m., and Saturday-Sunday from 7 a.m.-6 p.m., in the parking lot area.

30 / Saturday

Outdoor Gospel Concert — William McDowell will be featured, 2-7 p.m., AMR Chapel parking lot.

31 / Sunday Fellowship Dinner — Combined Sunday service and fellowship dinner, noon, at the Schofield Chapel.

September

2 / Tuesday

USS Missouri — The Battleship Missouri Memorial will hold a special ceremony to commemorate the 69th anniversary of the end of World War II and the Sept. 2, 1945, signing of the Instrument of Surrender aboard the USS Missouri in Tokyo Bay.

The free ceremony, open to the public, will also feature music by the Marine Forces Pacific Band, a Joint Service Color Guard and a 21-gun salute.

Complimentary round-trip shuttle service for the ceremony will be offered from the Pearl Harbor Visitor Center beginning at 7 a.m. Call 455-1600, ext. 246.

3 / Wednesday

Salad Wednesdays — SB Exchange restaurants are offering \$2 off any salad priced \$4 or more at participating Exchange direct-operated restaurants to promote healthy eating.

6 / Saturday

Saturday Night on the Lawn — 25th ID Band performs, 5 p.m.,

Sept. 6, at Generals’ Field on Generals’ Loop for Soldiers, families, resident units on SB and WAAF, and friends of the 25th ID. Call 655-4756.

26 / Friday

Mary Poppins — Diamond Head Theatre celebrates the opening of its 100th season with this beloved family story. Performances are Sept. 26-Oct. 19, Thursdays-Sundays.

Call 733-0274 to charge by phone or purchase tickets online at www.diamondheadtheatre.com.

Ongoing

BayFest Concert Sale — Concert tickets for BayFest music concerts, including country musician Rodney Atkins and rock group Smash Mouth, are on sale for individual nights during the Oct. 17-19 festival. Visit www.BayFestHawaii.com. Authorized patrons may also purchase tickets at any military ticket outlet beginning the same day.

BayFest includes three days of music and family fun at Marine Corps Base Hawaii, Kaneohe Bay.

Vehicle Registration — The City and County of Honolulu satellite vehicle registration office at Joint Base Pearl Harbor-Hickam is open for business 9 a.m.-4:30

p.m., Tuesdays and Thursdays, at 915 North Road, Bldg. 1314, in the Club Pearl Complex. The service is open to all military personnel, their family members and civilians from all military bases with base access.

Online Academic Support — Tudor.com is a DOD-funded resource that provides help in all core school subjects and is offered at no cost to grades K-12 students in U.S. military families.

Go Akamai — Commuters can now check real-time traffic data at GoAkamai.org, courtesy of the Hawaii State Department of Transportation and the City and County of Honolulu, Department of Transportation Services.

GoAkamai.org is a one-stop website that provides real-time traffic data, enabling travelers to make better decisions when planning their commutes.

Travelers are encouraged to check GoAkamai.org before leaving work or home.

Free Study Programs — In alliance with the Department of Defense, eKnowledge is donating \$200 SAT and ACT training programs to military families worldwide.

Students select the training they need. Call (951) 256-4076.

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

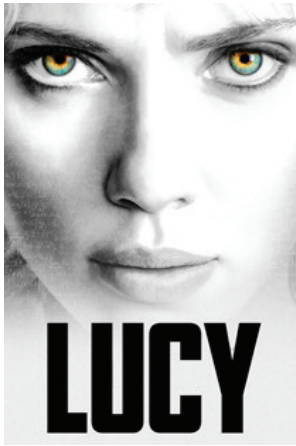
Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

- Sunday Services
 - 8:45 a.m. at MPC
 - 9 a.m., at FD, TAMC chapel
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
 - 10:45 a.m. at WAAF (Spanish language)
 - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)
- Sunday, 9 a.m. at WAAF

This Week at the
MOVIES
Sgt. Smith Theater
Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.



Lucy

(R)

Fri., Aug. 29, 7 p.m.
Thurs., Sept. 4, 7 p.m.

Guardians of the Galaxy (PG-13)

Sat., Aug. 30, 2 p.m.
Sun., Aug. 31, 2 p.m. (3D)



Hercules

(PG-13)

Sat., Aug. 30, 6 p.m.

Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield

No shows on Mondays, Tuesdays or Wednesdays.



Photos by Sgt. 1st Class Lesly Ramirez, Religious Support Office, U.S. Army Garrison-Hawaii

Praise dancers perform during the Chapel Fest at the Main Post Chapel, Saturday.

Chapel Fest draws a crowd at MPC

**CHAPLAIN (MAJ.)
JAMES BLOUNT**
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — August 23rd proved to be a fantastic day, here, as the chapel community enjoyed a great time of fun, food and fellowship at our Chapel Fest at the Main Post Chapel.

More than 1,200 people attended the event, which was created and conducted as an outreach to the community to let people know what the chapel community has to offer.

Chaplain (Col.) Robert Phillips, garrison chaplain, and his staff, along with a great number of outstanding volunteers, worked exceptionally well to put together the Chapel Fest, which lasted from 10 a.m. to 3 p.m.

Long lines began assembling before the 10 a.m. start, and they lasted until the 3 p.m. ending of this incredible event.

Some of the activities were rock climbing, various types of games, video games, face painting, bounce houses, dunking booth, basketball, Fire Department activities, making animal balloons and music.

We had a first-come, first-served program, where clothing was given away courtesy of Protestant Women of the Chapel, Catholic Women of the Chapel, and Mothers of Preschoolers.

The food was excellent, especially the very tasty grilled



Keiki make it to the top of the rock wall challenge during the Chapel Fest at the Main Post Chapel, Saturday.

meats. There was also shaved ice and cotton candy that the kids attacked right off the bat.

The great thing about all these activities is that they were free!

What a pleasure it was to see so very many people coming together as one big military family. The mood was enjoyment through the meeting and making of new acquaintances and friends. There was evidence of pure joy on the faces of the children as they excitedly ran about.

The goals of the Chapel Fest are important because they promote, not only the pro-

grams and resources of the chapel community, but also family and social connectivity. Being part of a family and a community where you are socially connect leads to greater resiliency. We are far stronger together than we are apart.

We now hope, through this Chapel Fest outreach effort, there will be a heightened interest in what the chapel community, as a whole, can offer to our military community. Our hope is to reach those who have never been a part of the chapel community, as well as those who might be looking to return.

Our chapel community is open to all, and I believe that it is a great community where one can find resilience.

Finally, please know that Unit Ministry Teams, chaplains and chaplain assistants are there for you whenever you are in need. We can provide for your religious and spiritual support. We can point you to the right resources to help you. We are here to help you and your family.

Come and sit with us and talk with us. It is good sometimes to get things off your chest, so to speak. Don't let things build up inside. We are good listeners.

Please be on the lookout for future events that we have for our military community.

(Editor's note: Blount is the deputy chaplain at USAG-HI.)

Missing toothbrush triggers mom’s tears

It didn’t hit me until I saw that smear of toothpaste on the sink this morning.

I’d heard the stories: “I cried for an hour in the bathtub.” “I couldn’t get out of bed for a week.” “I was a snotty, puffy-eyed mess.” “I didn’t think I’d make it to Thanksgiving.”

I listened to fellow military moms with genuine compassion, but I couldn’t personally relate. Those things would never happen to me.

Then, we dropped our son off at college last Tuesday.

“He’s only going to be three hours away,” I told a friend, “and besides, a little separation will be good for all of us. I won’t be one of those people who blubbers like a baby.”



THE MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

“Oh, you will,” my friend warned. “Trust me.”

We helped him set up his dorm room with plastic bins, granola bars, power strips, extra sticks of deodorant, clip-on lamps, new sheets (that won’t be washed this semester) and cheapo particle board shelving that looked like it would buckle like a ramen noodle under the weight of the tiny microwave.

See [Military Spouse, B-6](#)



Photo courtesy Lisa Smith Molinari

The author took this photo of her son’s abandoned bedroom shortly after he departed for college.



Sgt. Jonathan Lafleur (right), allergy immunizations technician, Tripler Army Medical Center, gives the influenza vaccination to Spc. Tyler Warren during a visit to TAMC, Aug. 18.

Tripler prepares for flu season

Story and photos by
SPC. PAXTON BUSCH
Pacific Regional
Medical Command

HONOLULU — August is National Immunization Awareness Month, and Tripler Army Medical Center is promoting the importance of immunizations, including the influenza vaccination.

According to the Centers for Disease Control and Prevention website, influenza, otherwise known as the flu, is a contagious respiratory illness caused by influenza viruses that can cause mild to severe illnesses and can result in hospitalization or death.

"Although we don't traditionally think of it as a killer, it can be particularly devastating to those that are immune compromised, in poor health, very young or the elderly, or impact an organization," stated Staff Sgt. Michael Schlag, noncommissioned officer in charge of Allergy Immunization, TAMC.

The CDC recommends everyone 6 months and older get the flu shot early to help protect against the most active strains of the flu all year-round.

In addition, the vaccine is strongly recommended for all pregnant women, regardless of what trimester they are in.



TAMC's Immunization and Allergy team consists of (from left) Sgt. 1st Class Juan Rivera, Col. Stephen Marks, Staff Sgt. Michael Schlag, Sgt. Jonathan Lafleur, Pfc. Jocelyn Favors, Spc. Jennie Parker, Capt. Luane Covington, Col. Conrad Belnap and Natalie Ruter.

Although Hawaii influenza trends show the majority of cases happen over a three-month time frame (winter-spring), the amount of international visitors creates the need to be vigilant all year long.

"As all of us know, Hawaii is a top tourist destination. We get people coming from all over the world all year long. Flu season in other parts of the world does not always match what we traditionally see in the U.S.," stated Schlag.

Influenza symptoms may in-

clude abrupt onset of fever, muscle pain, sore throat, non-productive cough, runny nose and headache. They generally last two to three days and will be developed by 50 percent of infected persons.

"Making sure you get your yearly influenza vaccination will help ensure you not only protect yourself, but those around you. The better the protected the population is as a whole, the less chance that influenza can quickly pass through locally," stated Schlag.

Learn More

For information on getting your flu shot, contact your primary care manager and visit facebook.com/TriplerArmyMedicalCenter.

You can also call the 24-hour Nurse Advice Line at 1-800-TRICARE.



Self reward is a part of the ‘Triad’ marathon

U.S. ARMY GARRISON-HAWAII
Public Affairs
SCHOFIELD BARRACKS — You are halfway through the performance triad challenge.

If you need a boost in motivation, reward yourself. Pick something that is special to you and would feel good to earn.

You can choose a small reward for meeting weekly goals, or a bigger reward when you meet a larger goal. Just make sure your reward won’t keep you away from your fitness goals. Examples include tickets to a sporting event or movie, a shopping week-end, a new tech gadget, a DVD or hosting a dinner for friends.

Sleep Goal
Having trouble sleep-



ing? Visit the National Sleep Foundation’s “Sleeping Smart” website.

Activity Goal

Try a new activity this week. Examples include joining a fitness class, trying a new fitness DVD or learning a new sport or dance.

Nutrition Goal

Eating out this week? Be mindful about how your food is prepared. Choose dishes that are steamed, grilled or boiled over fried or sautéed foods.

Learn More

For sleeping “smart,” visit
•www.sleepfoundation.org/sleep-factsinformation/sleeping-smart.
For more information about food preparation, visit
•www.Choosemyplate.gov/weight-management-calories/weight-management/better-choices-eating-out.html.



Military Spouse: College hits home

CONTINUED FROM B-4

Dry-eyed as planned, I kissed my son’s prickly cheek good-bye at 4 o’clock, so that he could go to his first hall meeting and we could wolf down free hors d’oeuvres at the parent reception.

After more than our share of chicken bites and veggies drenched in ranch, my husband and I spent a couple of carefree days exploring the nearby lakes of upstate New York.

I awoke early the next morning, after getting home late the night before. I could’ve used another 20 minutes, but my husband needed a ride to the airport for a work trip to Korea, so I shuffled my way to our bathroom down the hall.

I stepped over our labradoodle, Dinghy, who had wedged himself between the toilet and the bathtub. Ever since we moved into this quirky old base house a year ago, I felt cheated. Not only did I have to share the tiny bathroom with my huge hairy husband and son, the huge hairy dog decided that it was his favorite sleeping spot. It just wasn’t fair.

I looked bleary-eyed into the mirror at my pillow-crimped bangs and groped for my toothbrush. Glancing down, I saw my husband’s toothbrush and mine, but where my son’s toothbrush usually lay, there was only a smear — a smear that, up until that point, had always irritated me.

Why do men refuse to thoroughly rinse the slobbery toothpaste out of their toothbrushes? Don’t they care that someone

has to continuously clean the dried up smears on the sink?

But this time, I wasn’t annoyed. I stared at the smear, and then, it hit me. He’s gone.

I felt a hot prickle behind my eyes and a flush in my cheeks. In a stupor, I left the bathroom and found myself at the open door of our son’s room.

How sweet ... his unmade bed! I gulped and pulled a tissue from a box on his nightstand. Oh, and that odor of teenage boy sweat, I breathed in deeply. He never did take that bowl down to the kitchen like I asked. I smiled at the three-day-old tomato sauce-enameled dish, and let a tear tumble down my cheek.

I explored my son’s abandoned room, noting every void in the dust where books, alarm clocks and speakers used to be. With watery vision, I inventoried the vestiges: gum wrappers, crumbs, pennies and tiny tumbleweeds of God knows what.

All the things that had once been bones of contention were now cherished relics of the time, now past, when our son lived under the same roof.

And then, I gave in to the parental instinct I had denied myself based upon logic and reason, and I bawled like a baby.

Is it Thanksgiving, yet?

(A 20-year military spouse and mother of three, Molinari share’s humor and insights in her column, “The Meat and Potatoes of Life,” at www.themeatandpotatoesoflife.com.)



Lesley Shen (right), Public Health nurse, TAMC, provides informative materials to a community member during the Immunization Health Fair, held by the TAMC Department of Army Public Health Nursing, Aug. 21.

TAMC fair focuses on immunization

Story and photos by
2ND LT. BRITTANY FRIEND
9th Mission Support Command

HONOLULU — Tripler Army Medical Center hosted an Immunization Awareness Fair, Aug. 21, in support of National Immunization Awareness Month.

TAMC leaders launched the event to stress the importance of keeping immunizations up to date.

"We have charts here from the Centers for Disease Control that show which immunizations to have at all the different ages," said Lesley Shen, Army Public Health Nurse, TAMC.

During the fair, participants received multiple health-related educational resources, such as pamphlets, an immunization chart schedule, and pictures displaying signs and symptoms of certain illnesses that attendees could take home with them.

Shen encouraged parents to look at the immunization schedule to ensure kids meet enrollment requirements and to also keep in mind the importance of adult vaccinations, as well.

"People need to be aware of diseases that are preventable by immunization," said Diana Adimoolah, Army Public Health Nurse, TAMC, who shared information on preventable diseases during the event.

"Knowledge is your friend," Adimoolah added.

Learn More

If you and your loved ones are unsure about which vaccinations you may need, visit www.cdc.gov/vaccines.



Leslie Shen (left) and Diana Adimoolah, TAMC nurses from the Department of Army Public Health Nursing, prepare to educate the community at the Immunization Health Fair.